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Your essential daily news | TUESDAY, APRIL 4, 2017

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'I just want her safe'

Another hardship for Tina Fontaine's family as younger sister reported missing



Sarah Fontaine, 16.
MANITOBA RCMP HANDOUT

metroNEWS

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FIRE and FLOOD

Two small Manitoba towns declare states of emergency

JONES ON JETS

WHY WE SHOULD
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TO THE

NEXT JETS ROSTER

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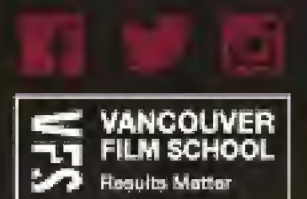


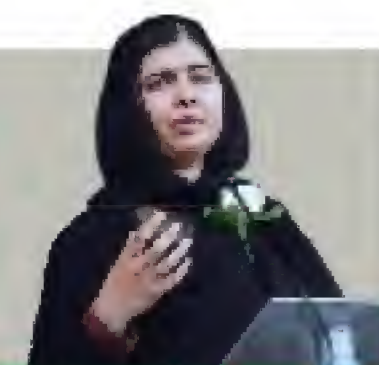
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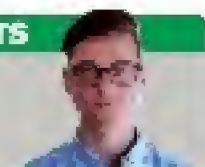




Jets playing for the future

JONES ON JETS

Braeden Jones



Don't worry about waiting all summer to see Winnipeg Jets players and prospects competing for jobs, just tune into the team's last few games.

Because Winnipeg's pride and joy has been eliminated from the NHL post-season for the fifth time in six seasons, the points earned in the homestretch of this 2016-17 season are moot, and speculation as to what will change next year are all fans have.

A lot of that speculation involves looking critically at the roster. Where are the weak spots, how can they be addressed, is there a prospect coming up who's an upgrade?

And while stats guys, sports writers, eye-test advocates and most fans in general can (and do) disagree about the team's weak links, most can agree scoring isn't the problem.

Mark Scheifele, Patrik Laine, Nikolaj Ehlers, Blake Wheeler, Bryan Little and Mathieu Perreault are among the most productive top-six forwards of any team in the league, and the team is seventh overall in scoring.

So what benefit is there in calling up two offensively gifted forward prospects — Kyle Connor and Jack Roslovic — for the last three games? Well, in all likeli-



Winnipeg Jets' Adam Lowry screens Anaheim Ducks goaltender Jonathan Bernier who makes a toe save during second period NHL hockey action in January. **THE CANADIAN PRESS**

hood, the fans aren't the only people in Winnipeg already focused on next year.

Take it from coach Paul Maurice, who said in a Monday press conference that seeing how players "fit together" into the lineup "matters as much as who the individual is."

"First you acquire as many good young talented play-

ers as you possibly can, you make a decision. I guess as a coach, as to who gets the big minutes, and then how those other pieces fit becomes their biggest challenge at times of getting into the lineup," Maurice said. He hinted at his reason for calling up the two forwards by talking about how important the final games of the season are

for players like Andrew Copp and Joel Armia and Nic Petan and Marko Dano.

Put simply, all of those guys, as well as Roslovic and Connor, are already fighting for ice time in 2017-18.

Maurice is adding ingredients to his line blender to come up with a better bottom six, and said "how they fit together is an import-

ant piece." He said he's expecting a "battle in that centre ice position," which depends heavily on whether Copp is there or if he demonstrates "he can play the wing maybe as effectively," but also likely upon how Roslovic looks in what will be his first brief sampling of NHL action.

What's going to give one player an edge of an-

other? Most likely the ability to demonstrate defensive responsibility. For all of the Jets' firepower, their minus-15 goal differential is a glaring weakness they don't share with other high-scoring teams. It would make sense if defensive-mindedness became a heavily weighted factor in filling up (or moving up) the roster next year.

Maurice even said moving forward he may be looking at taking "Adam Lowry out of that bottom-six group" because he's happy where his game is at "for a defensive-minded player" with 15 goals on the year.

Roslovic told reporters Monday he has worked on making his game "more complete" with the Moose this year, adding he's worked on his defensive game, "it's gotten a lot better," and he's still looking to improve more.

Likewise, Connor, who started the season with the Jets before being sent down to the Moose, said he's worked on his "200-foot game," winning battles, and playing "the right game."

That's good.

With the Moose, they have 45 and 42 points, respectively, but if they're going to do more than crack the roster, focusing on their two-way game could be the ticket.

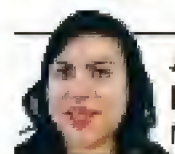
Rookie Patrik Laine isn't so jazzed about his end to the Winnipeg Jets season. For more, turn to metroSPORTS



The Sam Roberts Band is among the nine musical acts currently scheduled to appear at the MTS Super Spike 2017 event. **THE CANADIAN PRESS**

MUSIC

The Sam Roberts Band named Super Spike 2017 headlining act



Jessica Botelho-Urbanski
Metro | Winnipeg

Manitoba's biggest beach volleyball tournament has announced the musicians amping up for its outdoor sets come summer.

The Sam Roberts Band will be headlining MTS Super Spike 2017, which happens July 21-22 at Maple Grove Rugby Park (190 Frobisher Rd).

The Juno award-winning rock band is among nine acts currently scheduled to perform during the two-day festival.

From Winnipeg, hip-hop group The Lyrics, blues artist the Reverend Rambler, and rockers The Noble Thiefs and Electric Feel are tuning up to take the stage.

Early bird registration for volleyball players is on until June 11.

Weekend passes for non-tournament participants go

on sale Friday at 10 a.m. at superspike.ca.

Super Spike, now in its 16th year, formerly fund-raised for the national women's volleyball team, who were based out of Winnipeg for 24 years before recently relocating to Richmond, B.C.

Now the tournament will be divvying its proceeds between three organizations: Volleyball Manitoba, KidSport Manitoba and the True North Youth Foundation.

IN BRIEF

Drunk pilot of Winnipeg-bound flight gets 8 months

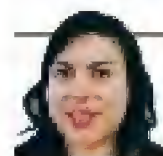
An airline pilot who was so drunk he appeared to pass out in the cockpit before takeoff has been sentenced to eight months in jail.

Miroslav Gronych pleaded guilty last month to having care and control of an aircraft with a blood alcohol level that was three times the legal limit. Gronych was escorted off a Sunwing Airlines plane in Calgary on Dec. 31 that was supposed to fly to Winnipeg before continuing on to Mexico. **THE CANADIAN PRESS**

Activist in town to talk pot

CANNABIS

Dana Larsen and his group on tour giving out seeds



Jessica Botelho-Urbanski
Metro | Winnipeg

The man who's helped ship millions of cannabis seeds across the country for the last couple years is visiting Winnipeg Monday to drop off tens of thousands more.

B.C.-based cannabis advocate Dana Larsen, 45, is touring cross-country with his group Overgrow Canada, which aims to hand out five million cannabis seeds this year.

In 2016, they spread 2.5 million seeds, encouraging Canadians to plant cannabis in public places like parks to "normalize the cultivation" of the plant, Larsen said in an interview Monday.

On Overgrow Canada's Facebook page, hundreds of photos submitted show pot plants growing in public spaces, such as parks or boulevards, and in peoples' private homes.

"That to me is real legalization. It doesn't really matter what Trudeau does after that. If cannabis is growing openly from coast to coast and nobody is enforcing that law, then we've won," he said.

While in Winnipeg, Larsen spoke at the Gwen Senter Creative Living Centre Monday about "the hidden history of cannabis in Canada," how to open dispensaries and what's coming down the pipe for marijuana legalization.

"I don't believe legalization is coming next year at all... I think it's going to be coming eventually, probably after



Cannabis advocate Dana Larsen is touring cross-country with his group Overgrow Canada. JONATHAN HAYWARD/THE CANADIAN PRESS



They're trying to call for legalization because they've lost control over cannabis prohibition.

Dana Larsen

the next election or longer," he said.

Larsen believes public pressure it's what's spurring the

federal government into legalizing pot and "the dispensary movement is winning by and large across the country."

"Politicians aren't promising to legalize because they believe prohibition is wrong or they believe cannabis is good, or any of those kinds of ideas. They're trying to call for legalization because they've lost control over cannabis prohibition," Larsen said.

Every person who attends

Larsen's talks can take home at least 100 cannabis seeds, he said. So come next spring, Winnipeg could look much more green.

"If you see pot plants growing around Winnipeg or anywhere else, the odds are I had something to do with it," Larsen said.

SEXUAL ASSAULT

'We must change the dialogue'

The provincial government announced April will be Sexual Assault Awareness Month on Monday, citing data showing Manitoba's rate of reported sexual assaults as far worse than the national average.

There were 1,356 sexual assaults reported to police in Manitoba in 2015, according to Statistics Canada, among the 21,362 sexual assaults reported nationally.

In Manitoba, there were 104 sexual violence victims for every 100,000 people in 2015, whereas in Canada the rate was about 59 people per 100,000.

"Manitoba has a high rate of sexual violence and sexual assault against women and girls. Unfortunately, many victims don't feel comfortable coming forward to report these incidents," said Sport, Culture and Heritage Minister Rochelle Squires. "We must change the dialogue to support survivors."

According to Statistics Canada figures from 2014, about 95 per cent of sexual assault victims didn't report incidents to police.

"It is important for all of us to think about how we can prevent sexual violence to keep women and girls safe in Manitoba, and what we can do individually and collectively to support survivors," Squires said.

The provincial government is offering two workshops this month to discuss sexual assault awareness in Winnipeg and Brandon.

The first session happens Friday in Winnipeg from 1 p.m. to 3 p.m. at Mawi Wi Chi Itata Centre (445 King St.). Members of Ka Ni Kanichihk, Klinik, Manitoba Victim Services, Manitoba Prosecution Service, the RCMP and the Winnipeg Police Service are scheduled to speak.

JESSICA BOTELHO-URBANSKI/METRO



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OPINION

Doubts about micro-apartments

INSIDE THE PERIMETER

Shannon VanRaes



Thirty minutes after hauling the last garbage bag of possessions into my first Osborne Village apartment, I heard a knock at my door. Standing there in the hallway, slightly drunk and wearing a blanket, was a dishevelled young woman.

"Do you want to come to the fire?" she asked.

I had no idea who she was or what she was talking about, so naturally I said yes and followed her out into the alley where people were drinking around a washing machine tub turned fire pit. Conversation revealed a diverse crowd, including a foster parent, a graphic designer, a onetime wrestling promoter and a young man who informed me he was just released from jail — he'd shot his father, but failed to kill him.

Learning I had no furniture and no money, my new neighbours rustled me up some chairs and a man with an intellectual disability carved me a soapstone whale as a housewarming gift. I still have the little whale and when that no-longer dishevelled young woman got married a few years later, I was there.

What's no longer present is that first apartment. Along with neighbouring houses it's been demolished to make way for condos, driving the cost of living up and people like those I met in the alley out of the neighbourhood.

It's a pattern repeated throughout Osborne Village as developers cannibalize the very attributes they seek to capitalize on. Drawn in by the

Village's walkable businesses and eclectic citizenry, they then destroy the very things that attract them in the first place, pushing out small businesses and driving up rent.

City hall aids in this department, approving expansions like the one that saw Shoppers Drug Mart consume two other Osborne Village business locations in 2012. And when the newly expanded building exceeded the originally approved height and promises of creating space for new businesses failed to bear fruit, no one was held accountable. Luckily a proposal to replace the Gas Station Arts Centre with a Giant Tiger store was nixed in 2004, but a 2005 expansion of Safeway also reduced the number of local businesses, while simultaneously expanding surface parking.

Now, it's the new owners of what was once the Osborne Village Motor Inn pushing the community's heart towards cardiac arrest. For years the small motel was a hub for local musicians, housing for those on the margins of society and an affordable place to get good food. Straying wildly from an original plan to turn the mid-century gem into a boutique hotel, Fusion Capital Corp now expects Winnipeggers will want to pay \$1,400 for the privilege of living in a micro-apartment above a sports bar and next to a fire-hall.

I very much doubt it.

What I don't doubt, is that whether this tone-deaf redevelopment succeeds or not, it will do irreparable damage to the character of the community, while also reducing affordable housing options. As for what it will do for tourism, I can't say I've ever travelled to another city for its chain restaurants.



A design of the **Osborne Village Motor Inn**, which is set to house micro-apartments and commercial space.

CONTRIBUTED/CUSHMAN & WAKEFIELD WINNIPEG



When she lost Tina, she felt she just lost everything.

Thelma Favel, great-aunt to Tina and Sarah Fontaine

Teen sister of Tina Fontaine missing

MNIW

Sarah, 16, was struggling with tragedies, family says

The sister of a Manitoba teen who became one of the poster children for the issue of missing and murdered indigenous woman is now missing herself and her family says it all stems from the tragedies she has experienced in her life.

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. She is the younger sister of Tina Fontaine, the 15-year-old whose body was found wrapped in a bag in the Red River on Aug. 17, 2014.

"Her and Tina were just inseparable. They were always together, and then when she

lost Tina, she felt she just lost everything," Thelma Favel, the great-aunt who took care of the girls from a young age, told The Canadian Press Monday.

"There were just too many memories that she never really faced."

Eugene Fontaine, father to both Sarah and Tina, was beaten to death on the Sagkeeng First Nation, northeast of Winnipeg, on Oct. 31, 2011. His death was what caused Tina to spiral downward and require foster care, Favel and others have recounted.

Two men pleaded guilty to manslaughter in Eugene Fontaine's death. Another man has been charged with murder in Tina's case and is currently awaiting trial.

Last month, the girls' cousin, Jeanenne Fontaine, 29, died after being shot in the back of the head in a Winnipeg house that was set on

+ TRAGEDY

Missing teen Sarah Fontaine has lost her father, sister, and cousin in recent years.

fire.

"(Sarah) talked about it. She just wanted to know what was happening to the Fontaine family — why they were being murdered," Favel recalled.

Sarah Fontaine got pregnant after Tina was killed, Favel said, and had been living in a Winnipeg-area home with her infant and receiving counselling for about a year.

RCMP reported the girl missing last week. Favel said Sarah drove to Favel's home.

"She wanted to come back home here but she's not ready. She didn't receive the proper counselling that

she needed."

Favel said she called police when Sarah arrived last week and the girl and her baby were taken into new, separate homes in the Winnipeg area.

On Monday, Favel learned Sarah had disappeared again.

In a news released issued over the weekend, the RCMP said Sarah was last seen on Sunday morning in the Polo Park area of Winnipeg and was last heard from on Sunday afternoon.

She is described as Indigenous, five-foot-three with a heavier build. She was last seen wearing a pink hoodie, black pants with white lettering and was carrying a large, shiny red purse.

"I just want to tell Sarah, 'Please, Sarah, go back home. You'll get help, and that we love you,'" Favel said.

"I just want her safe."

THE CANADIAN PRESS

FIRST NATION

Fire destroys area's only grocery store

A remote northern Manitoba First Nation has declared a state of emergency after fire destroyed the community's only grocery store.

The fire began early Sunday morning and gutted the Northern Store of Brochet-Barren Lands Nation.

Chief John Clarke says the building was still smoldering 12 hours later but no one was injured in the blaze.

He says his community of 600 people is in crisis and officials

are working around the clock to get essential goods delivered.

Clarke says he's hoping the Red Cross can deliver some supplies as early as Monday.

The North West Company said it will open a temporary store Tuesday in the community hall in Brochet.

Manitoba RCMP say the fire is suspicious and is being investigated as an arson.

Brochet-Barren Lands Nation is about 900 kilometres north of Winnipeg. THE CANADIAN PRESS

WEATHER

Province not out of the floodwater yet

Some of the floodwater that prompted states of emergencies and evacuations in small Manitoba communities is starting to subside, although officials say the danger is not over yet.

Rising water from the spring melt over the weekend forced dozens of people from the Peguis First Nation along the Fisher River north of Winnipeg.

There were also evacuees from the Sioux Valley Dakota Nation along the Assiniboine

River in western Manitoba.

Closer to Winnipeg, ice jams on the Boyne River caused water to pour into dozens of basements on the weekend.

But Premier Brian Pallister says the weather is co-operating in most areas and ice jams are breaking up.

Flooding is an almost annual event in Manitoba, as spring melt water from as far away as Alberta and South Dakota passes through the province.

THE CANADIAN PRESS



Members of the International Development and Relief Foundation, which is launching a campaign for emergency assistance to people in East Africa. EDUARDO LIMA/METRO

HEROISM

Malala to be Canada's new citizen

Nobel Peace Prize winner Malala Yousafzai will receive her honorary Canadian citizenship in Ottawa next week.

Prime Minister Justin Trudeau's office says the presentation will take place April 12, when the 19-year-old Pakistani woman will also address Parliament. Former PM Stephen Harper was to have presented the award in Toronto on Oct. 22, 2014.

But the event was cancelled, because that was the day a gunman attacked Parliament Hill after killing a soldier at the National War Memorial.

Yousafzai became an international symbol for girls' rights after surviving a 2012 attack by a Taliban gunman, who shot her in the head while she was riding a bus home from school in Pakistan. Trudeau's office says he wants to discuss "girls' empowerment through education."

THE CANADIAN PRESS



Malala Yousafzai

Aiming to help East Africa

metro EFFECT

Charity's campaign to help those facing famine



Gilbert Ngabo
Metro | Toronto

A community effort is underway in Toronto to bring some relief to people facing famine in East Africa.

Following last week's Met-

ro series chronicling food shortage in four countries already under the United Nations famine watch, one charity is springing into action.

The International Development and Relief Foundation (IDRF) is launching a campaign for emergency assistance to people in Kenya, Somalia, South Sudan and Ethiopia.

In varying degrees, the four countries have endured three years of drought conditions that devastated crops and livestock, leaving millions of residents at the brink



We have so many kids that are possibly going to die because aid is not coming.

Zeib Jeeva

of starvation. But the crisis has largely been overlooked, said IDRF chair Zeib Jeeva.

"We have so many kids that are possibly going to die

because aid is not coming," he said. "It's very sad that there isn't much attention about this dire situation. We feel it's our duty to help."

The UN has warned that over 20 million people in Yemen, Somalia, South Sudan and northern Nigeria could soon face a full-blown famine if a \$4.4-billion relief fund is not provided by July.

Ethiopia and Kenya are not on the UN watch, but the two countries are in the same predicament of a looming crisis in East Africa, according to IDRF.

As part of the campaign, the charity will partner with organizations on the ground to provide meals to people in need — many of whom have been internally displaced and live in temporary camps.

Jeeva said it is important to provide immediate emergency relief to those facing starvation, but the greater emphasis must be on long-term stability and sustainability of affected communities.

"We can't just be there when the situation is in the media and forget people afterwards," he said.

SCANDAL

Bombardier apologizes for lack of clarity on pay hikes

Bombardier did "a bad job" explaining its decision to raise executive compensation, but the company has listened to the public and is now ready to turn the page. CEO Alain Bellemare says.

Bellemare acknowledged that Bombardier underestimated the anger that would erupt over the pay hikes, which were to come as it was issuing pink slips to thousands of employees while receiving federal and provincial assistance.

"It's all on us at Bombardier," he said. "The message here is we did listen, we paid attention, we care."

Bellemare announced late Sunday that he has asked Bombardier's board of directors to



It's all on us at Bombardier.

Alain Bellemare

delay the payment of more than half of this year's total planned compensation for six executive officers, including himself, by one year — until 2020. The compensation would be paid as long as certain objectives are met.

The remuneration is required to attract top talent to turn around the company's fortunes, which in turn benefits employees and shareholders alike, he said.

Last week, the company issued

a proxy circular showing that Bellemare and five others were in line for a nearly 50 per cent increase in compensation, most of which was to be granted in 2019. The disclosure stoked fierce outcry that lasted for days, including a weekend protest at Bombardier's headquarters in Montreal.

Federal Economic Development Minister Navdeep Bains said Monday that like many Canadians, he was disappointed by the Bombardier executive pay raises, but it seems like the company is trying to address those concerns.

"Clearly there's a recognition that they need to make changes, that they need to approach this differently," Bains said.

THE CANADIAN PRESS

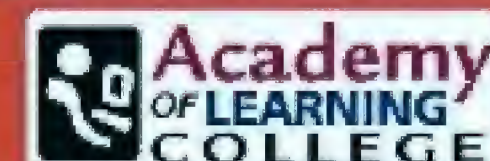
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Blast shreds subway station

ST. PETERSBURG, RUSSIA

11 people dead, 45 being treated in hospitals

A bomb blast tore through a subway train deep under Russia's second-largest city Monday, killing 11 people and wounding more than 40 in a chaotic scene that left victims sprawled on a smoky platform. Hours later, anguish and fear rose again when police found and defused a shrapnel-packed explosive device at another St. Petersburg station.

There was no immediate claim of responsibility for the attack, which came while President Vladimir Putin was visiting the city, his hometown. In the past two decades, Russian trains and planes have been frequent targets of terrorism, usually blamed on Islamic militants.

News reports initially said police were searching for two suspects, and Russian state television showed a photo of one suspect wearing what appeared to be a skullcap characteristic of Russia's Muslim regions. How-



1 Blast victims lie near a subway train hit by a explosion at the Tekhnologicheskoy Institut subway station in St. Petersburg, Russia on Monday.



2 Russian President Vladimir Putin places flowers in memory of victims of the blast in the Saint Petersburg station. THE ASSOCIATED PRESS

ever, the Interfax news agency later cited unspecified sources as saying police now suspect the blast was the work of a suicide bomber linked to radical Islamists.

The National Anti-Terrorism Committee said it was looking for the "perpetrators and organizers of the terror attack."

St. Petersburg, a major tourist

destination famed for its imperial palaces and lavish art museums, had been spared previous attacks.

"From now on, I will be scared to take the subway," said Marina Ilyina, 30, who brought flowers to the station where the train stopped after the bombing. "We in St. Petersburg thought we wouldn't be touched by that."

The explosion occurred in



From now on, I will be scared to take the subway.

Marina Ilyina

mid-afternoon as the train travelled between stations on one of the city's north-south lines.

The driver chose to continue on to the next stop, Technological Institute, a decision praised

by the Investigative Committee as aiding evacuation efforts and reducing the danger to passengers who would have had to walk along the electrified tracks.

The National Anti-Terrorism

Committee said the death toll was 11, with another 45 people being treated for wounds in hospitals.

Amateur video broadcast by Russian TV showed people lying on the platform of the Technological Institute station, and others bleeding and weeping just after the damaged train pulled in. THE ASSOCIATED PRESS

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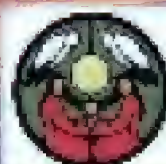
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COLOMBIA

Relatives searching for missing kids, loved ones

Jose Albeiro Vargas last saw his grandson the night fierce rain unleashed havoc on this small city surrounded by rivers and mountains in southern Colombia.

From what Vargas has been able to gather, the torrents of mud, water and debris unleashed on the city of Mocoa by the rain-swollen river swept away his daughter and her 18-month-old grandson, Jadir Estiven. Ever since, has been searching for them without success.

"They were hit by the strongest avalanche," Vargas, a clothing store owner who was so exhausted he could barely speak or open his eyes, said Sunday.

He is far from the only per-

son in Mocoa searching desperately for young loved ones. At least 43 children were among the confirmed dead from the devastating flood, according to President Juan Manuel Santos. The national disaster management agency said Monday that the official death toll had increased to 262.

The young may have been particularly vulnerable in this disaster because nearly all were in bed when the floods surged through the city of 40,000 Friday night and early Saturday.

Maria Cordoba, 52, said two of her nephews, ages 6 and 11, were killed when their house was destroyed. "The mother as well was totally beaten up" but managed to save her 18-month-



A wounded girl waits for medical attention at a shelter in Mocoa, Colombia on Monday. GETTY IMAGES

old baby, she said while at the river trying to clean items she salvaged from her home.

THE ASSOCIATED PRESS

U.K. talks war over Gibraltar

Less than a week after asking for a divorce from the European Union, Britain is talking war.

The dispute over Gibraltar is a conflict of words, not weapons — a matter of bellicose headlines in Britain and bemusement in Spain. But it's a sign of how rough the road ahead could be.

The rocky 6.7 square kilometre

enclave at the tip of the Iberian peninsula has been a British territory since 1713.

The latest spat was sparked by draft Brexit guidelines drawn up by the EU, which said no future agreement between Britain and the bloc would apply to Gibraltar unless the U.K. and Spain agreed.

Officials in Gibraltar accused

Spain of using Brexit to force negotiations on the status of Gibraltar, against the wishes of the 32,000 Gibraltarians.

Former Conservative Party leader Michael Howard said Prime Minister Theresa May would defend Gibraltar as Margaret Thatcher did the Falkland Islands. THE ASSOCIATED PRESS

Condoms beat corks

CUBA

Contraceptives cap bottles in wine-making

The sweet smell of fermenting fruit fills the streets around the modest Havana home where Orestes Estevez and his family fill glass jugs with grapes, ginger and hibiscus, then slip a condom

over each glass neck to start the unusual process of winemaking in a land famed for rum.

From origins as an illicit backyard still, Cuba's El Canal winery has become a flourishing business that annually produces thousands of gallons of wine flavoured with guava, watercress and beets.

Estevez, 65, has made wine for decades.

After a career in the mil-

itary and security services he legalized his business and opened a tiny winery in 2000 as communist Cuba took the first steps toward allowing private enterprise.

The winery has become a neighbourhood attraction, with residents of the El Cerro neighbourhood sitting on the curb at all hours sipping Estevez's wine from green glasses.

The most remarkable sight,

however, is hundreds of bottles capped with condoms that slowly inflate as the fruity mix ferments and produces gases. When the fermentation is over and there are no more gases, the condom stops inflating and falls, and the wine is ready for bottling.

"Putting a condom on a bottle is just like with a man," Estevez said. "It stands up, the wine is ready, and then the process is completed." THE ASSOCIATED PRESS



Condom topped wine jugs surround winemaker Orestes Estevez at his house in Havana, Cuba. THE ASSOCIATED PRESS

TECHNOLOGY

Swedish startup microchips staff

The syringe slides in between the thumb and index finger. Then, with a click, a microchip is injected in the employee's hand. Another "cyborg" created.

What could pass for a dystopian vision of the workplace is almost routine at the Swedish startup hub Epicenter. The company offers to implant its workers and startup members with microchips the size of grains of rice that function as swipe cards: to open doors, operate printers, or buy smoothies with a wave of the hand.

The injections have become so popular that workers at Epicenter hold parties for those

willing to get implanted.

"The biggest benefit I think is convenience," said Patrick Mesterton, co-founder and CEO of Epicenter. "It basically replaces a lot of things you have, other communication devices, whether it be credit cards or keys."

The technology in itself is not new. Such chips are used as virtual collar plates for pets. Companies use them to track deliveries. It's just never been used to tag employees on a broad scale before. Epicenter and a handful of other companies are the first to make chip implants broadly available.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 63

SMUGGLERS COVE, N.S.



EACH TIME WE VISIT GRANDMA WE WALK DOWN TO SMUGGLERS COVE IN NOVA SCOTIA. MY SON MAKES UP STORIES ABOUT HOW THE PIRATES GOT INTO THE CAVES. THE SLOW WAVES ALWAYS CALM US. GINA COMEAU



SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

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BLUEPRINT by Jamie Bradburn For Metro

Old buildings hosting new ideas

Sometimes buildings outlive their original purpose, but it doesn't spell their end. Canadian cities are filled with historic structures that found second lives. From museums to supermarkets, these sites provide innovative new uses that respect each building's past. They show that with creativity, a heritage designation isn't an obstacle to building a great city. **Some highlights across the country:**

Union Bank Building, Winnipeg

THEN

The oldest skyscraper in western Canada (opened 1904), this banking tower was also the founding site for the International Brotherhood of Magicians.

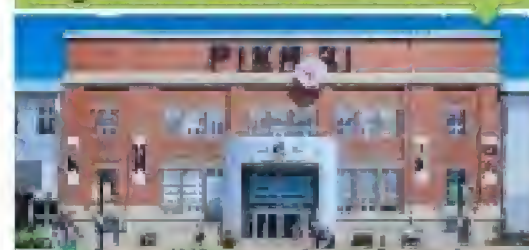


NOW

Money magic gave way to culinary wizardry with the establishment of Red River College's Paterson Global Foods Institute.

Pier 21, Halifax

Ship terminal that welcomed immigrants between 1928 and 1971.



An immigration museum, an art and design campus and shops.

Mill Street Brew Pub, Ottawa

An 1850s-era grist mill on the Ottawa River.



Mill Street Brewery now operates the site as a brew pub.

Mercer Warehouse, Edmonton

Warehouse built in 1911 to store cigars and liquor.



Part of the city's warehouse district, it houses restaurants and startups.

Maple Leaf Gardens, Toronto

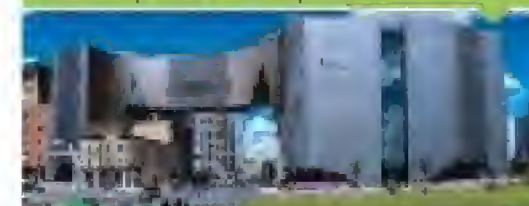
Where the Maple Leafs enjoyed their glory days.



Ryerson University's gym, including a rink; also, a grocery store.

King Edward Hotel, Calgary

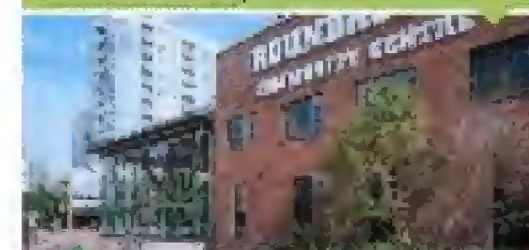
Historic railway-era dive bar along the city's "Whiskey Row."



Disassembled and rebuilt brick by brick as music venue and museum.

Roundhouse, Vancouver

Western terminus of the Canadian Pacific Railway.



Community space, performance venues, art studios and a gym.

PUBLIC WORKS The week in urbanism



SHIP SHAPE

A Seattle doughnut shop turned a 7.3-metre wooden boat into the city's newest public space. The Endurance is anchored in land outside Mighty-O Donuts, inviting people to sit on cedar benches, and feel a bit nautical.

SCALING INEQUALITY

Calgary introduced a \$5.05 monthly transit pass for its lowest-income residents. People earning \$12,500/year or less can pay the new low rate, which comes in at a deep discount from the \$101/month pass.

URBAN DICTIONARY



DEFINITION

A **Barnes Dance** is an intersection where cars stop in all directions to allow pedestrians to cross diagonally. Named for former New York City traffic commissioner Henry Barnes, it is frequently called a pedestrian scramble or diagonal crossing.

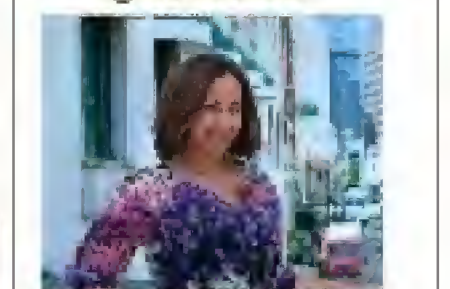
USE IT IN A SENTENCE

Chad was confused that the **Barnes Dance** had nothing to do with country music.

CITY CHAMP

Stephanie Allen is a Vancouver-based planning researcher and real estate worker. Her graduate studies at Simon Fraser University focus on incorporating historically marginalized voices in city building.

@BuiltJustice



WORD ON THE STREET by Luke Simcoe For Metro

More cities need to open the doors and let the hackers in



When I walk into Civic Tech's Toronto meetup, I'm greeted by coders, data geeks and policy wonks.

In one corner, volunteers work to make the city's budget process more transparent. In another, a gang of "guerilla archivers" are saving climate change data from the clutches of Trump's administration.

It's an uplifting scene that plays out across Canada, including BetaCity YEG in Edmonton, Civic Tech London and YOW Civic Tech in

Ottawa.

As Canadian cities strive to get "smarter" — to better use data and technology to address the challenges they're facing and improve the services they deliver — this growing civic tech movement can lend a hand.

By applying strategies still alien to government, like agile development and design thinking, civic tech groups are building tools to address city issues faster, and often cheaper, than municipalities are used to.

Imagine the possibilities if local governments embraced and supported these mostly volunteer groups.

Some cities are catching on. But more should adopt the International Open Data Charter like Edmonton has, or launch a Civic Innovation Office like Toronto, or give startups a chance to solve municipal challenges. In Guelph, Ont., a new "civic accelerator" has already helped save five million litres of water by bringing in water monitoring experts.

The result? A more environmentally-conscious and affordable city.

If Canadian cities want to be smart, they should foster these groups, partner with them, and build tech solutions that start with the community.

After all, technology is only as good as the people who build it.

Luke Simcoe works for Urban+Digital, a non-profit focused on how governments use technology.



How I fell for a psychopath

RELATIONSHIPS

Online forums helping victims realize that it's time to get out

Though the lies started right away, it wasn't until much later that Sandra realized how badly she'd been conned.

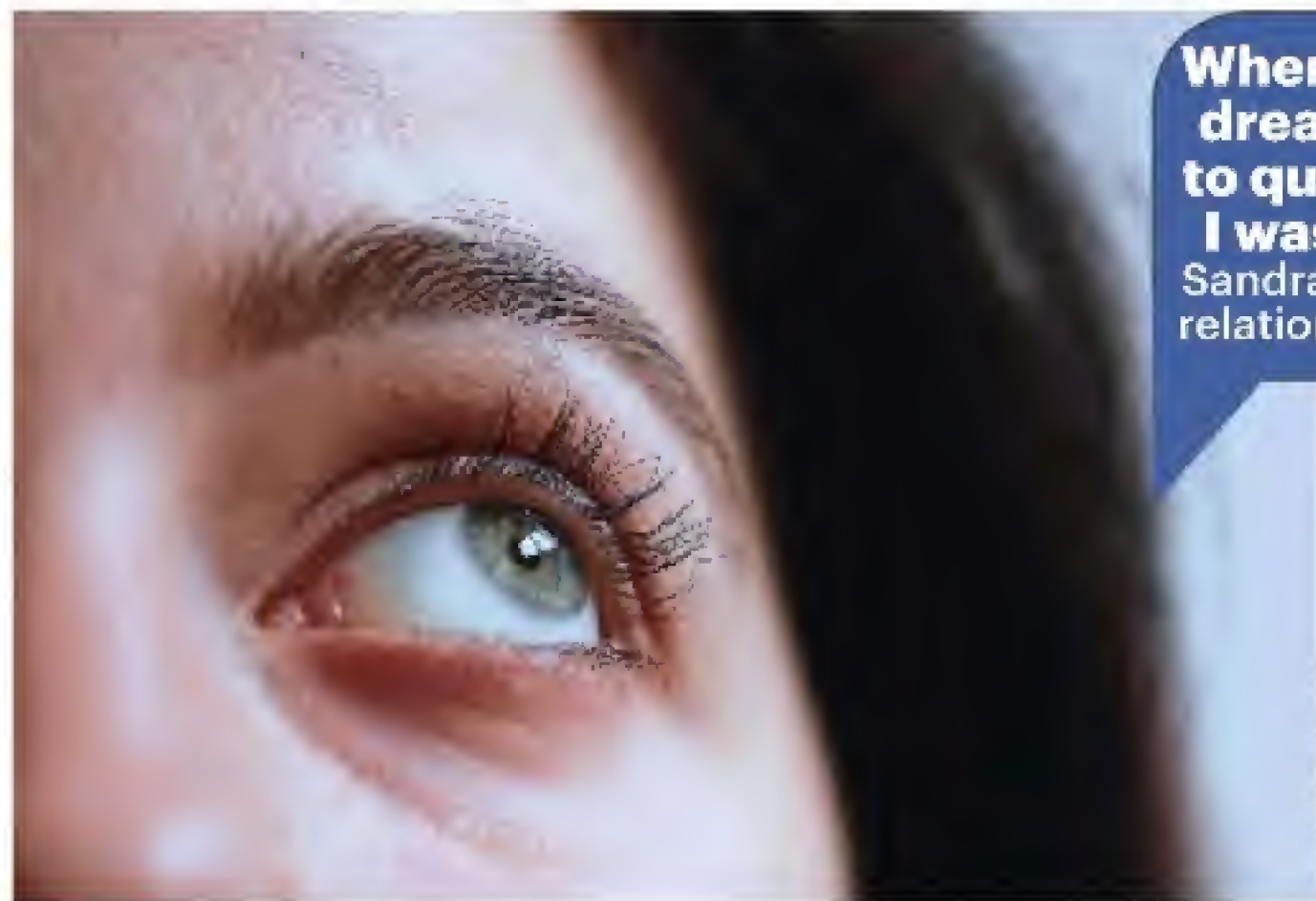
They met at a mutual friend's birthday in 2012. She mentioned she was taking a woodworking class; he was considering the same one. "He started with the 'me too'-ing and it felt like we had so much in common," says Sandra, who is now 35 and lives in Toronto.

Soon followed a phase of what she calls "love-bombing," where it seemed she'd met her perfect match. There were unbelievable, magical coincidences: he "just knew" when she couldn't sleep, calling late at night. She'd fantasized about a dream date with a scavenger hunt in a library using books as clues. She couldn't believe when he made it happen.

"It felt like it naturally unfolded," she says. "I was like, 'This is my soulmate.'"

By the time he started to drift away just a few weeks later, Sandra was hooked. The pattern, she would later discover, is common and linked to psychopathic traits. While pop culture suggests psychopaths are cold-blooded killers, there's a growing awareness of the damage the subtler variety can inflict on others.

According to victims, it starts with idealization, which could in-



When you're given your dream, you don't want to question it. It felt like I was high all the time. Sandra, who found herself in a relationship with a psychopath

ing class. She now thinks he'd been driving past her apartment at 2 a.m., checking to see if the lights were on; that he'd found a long-forgotten blog post about the library date.

It can be chilling to identify psychopathic traits in a boss, partner or — these days — political leader. Recent headlines have mused whether Donald Trump is a psychopath, sociopath or narcissist. The shared trait is callousness, an innate indifference to others.

A narcissist shares overlapping characteristics with a psychopath, which many experts agree is the same as sociopath — though the latter downplays the connotation of danger. In other words, "psycho" is a casual accusation, but true psychopaths represent a specific identity.

Diagnosis is difficult, let alone from afar. Forums are some of the few resources for victims, and are more about affirmation and support than clinical accuracy.

Therapist Willson sees the impact first-hand — it makes up a quarter of her practice. For many of her clients, mostly women, stumbling upon these sites is an entry point to healing.

"It's usually how they begin

to put it all together," Willson says. "There's a big a-ha."

When a victim addresses their suspicions, they may be accused of being crazy, jealous or sick, and start to doubt their own sanity, Willson says. The psychopath walks away with no remorse. Accepting that the love and flattery were part of a strategy to get sex, shelter, money or entertainment, can cause rage, distress and major self-doubt in victims.

The forums are useful, but only to a point, Willson says. Victims need to get out of their situation, not stay mired in it. In many cases, she says, they should seek one-on-one therapy to address self-esteem issues.

Sandra eventually took the advice of her anonymous online friends and refused all contact with her boyfriend. Her ex died in Toronto in late 2015, several months after she'd broken it off. She'll never know if he was truly a psychopath, had a few traits, or was just a really bad boyfriend.

But finding a forum to share her experience was life-changing, and she hopes others who feel trapped by a relationship with a psychopath realize they aren't as isolated as they think.

"I hate social media. I can't stand it. This is the only website on the planet where I made an account and talked in the forums after lurking for a year," she says today. "I felt compelled to tell other women it was going to be OK."

"Sandra is a pseudonym, used to protect the identity of all involved."

TORSTAR NEWS SERVICE

clude personality mirroring and over-the-top affection. Then follows devaluation, lies, infidelity and poking at insecurities; then an eventual discarding, replacing one unwitting victim for another.

Countless people say they've experienced something similar, sharing their stories in online forums such as Psychopath-Free.com, Aftermath: Surviving Psychopathy and Lovefraud.com. These have become support networks for people who believe they've been caught up with a psychopath — someone who is unable to experience love or empathy, who is charming but insincere, lacking in remorse and pathologically egocentric.

About 1 per cent of the population may fit the criteria.

The forums are a source of data for academics, providing some of the only research on the potentially devastating impact.

"These are not people who are axe-murderers, but they are sort of torturing somebody. That emotional manipulation is not what normal human beings engage in. Usually we have a degree of empathy," says Toronto therapist Sheila Willson, who counsels victims of these toxic partners.

"It's enraging, distressing, traumatizing and causes so much self-doubt."

About a year into her relationship, Sandra found herself

Googling the warning signs and came across one such forum.

Charm, lies and manipulations. Having to explain obvious human emotions to him. His crushing boredom, leading to recklessness. Check, check and check. Sandra's boyfriend disappeared three times, ditched countless jobs and moved several times over the next two and a half years. She is now convinced he had taken up with other women, piecing together clues from Facebook and elsewhere.

Get out, her online friends advised. Break off all contact.

Sandra eventually accepted she'd been duped. He never signed up for that woodwork-

HEALTH

Calls to raise awareness of transgender fertility options

Genna Buck
Metro Canada



Many trans people believe choosing to have surgery to affirm their gender means they have to give up the possibility of having biological children in the future.

But that's not necessarily true, and according to a new study conducted at three Toronto medical centres, many transgender patients aren't aware of their fertility options. The study surveyed 213 transgender adults, including 187 who have no chil-

dren. About half were assigned female at birth; half male.

Thirty per cent of respondents told researchers they didn't know their fertility options. Of those, 77 percent said they'd never even had a conversation about fertility with their doctor.

Infertility is a side effect of hormone therapy and many procedures that fall under the umbrella of gender affirmation surgery (sometimes also called sex reassignment surgery).

But preserving eggs or sperm before beginning treatment can help get around that problem.



For example, before having a hysterectomy a transgender man could have his eggs removed and frozen, and then later pursue a pregnancy with a fertile female partner or a surrogate.

Rachel Clark, a transgender

“

We have to do a better job making sure that people are aware of their reproductive options.

Rachel Clark

woman and LGBTQ rights activist living in Toronto, said the findings didn't surprise her.

"I was lucky enough to have a doctor who was experienced," she said. "And I came out much later in life. I already knew that

I wasn't having children."

"But if I'm a 20-year-old person (transitioning), I should be informed that it's going to have an effect on my reproductive organs, and that I can take steps to preserve fertility," she added.

She blames the problem on many doctors' lack of familiarity with transgender health issues.

"Now there are many doctors who can make decisions on trans health care, which is great," she said. "But people who are new might not know to ask about fertility. It's not that they're bad doctors. It's just that they don't

understand."

Finally, there's the issue of cost. Egg freezing, storage, and IVF can run into the tens of thousands of dollars, and transgender people are disproportionately poor. In Ontario, more than half of transgender people make less than \$15,000 per year. Participants in the new Toronto study named cost as their number one barrier to fertility options.

"We have to do a better job making sure that people are aware of their reproductive options," Clark said, "figuring out a way to alleviate the cost."

Genna Buck
Metro Canada



When Jody McLennan woke up to find her husband Oghenovo Avwunufe unconscious and unresponsive, she did the right thing: She called 911 and started CPR, giving chest compressions.

Tragically, it was too late. Avwunufe had passed away some time before, after taking cocaine that was likely laced with the deadly painkiller fentanyl.

The growing number of Canadians dying from opioids like heroin, oxycodone and fentanyl has spawned a debate about what specific first-aid advice and training are needed to address the crisis. Different organizations, such as the American Heart Association and the World Health Organization, have slightly different guidelines.

The whole issue of overdose first aid is fraught with emotion and surrounded by a great deal of misinformation and confusion — particularly when it comes to the relative merits of rescue breathing (commonly called “mouth-to-mouth”) and chest compressions (a.k.a., CPR).

Metro spoke to three Canadian experts to clarify what you need to know if you’re faced with someone who has overdosed and might die.

All three gave the same basic

How to act in an overdose emergency

Chest compressions or rescue breathing? Metro gets some expert insight about first aid responses

advice: If, after using drugs, someone passes out and can’t be roused, call 911, do chest compressions, and give naloxone, a lifesaving over-the-counter drug that can reverse the effects of an opioid overdose.

But they had slightly different opinions about mouth-to-mouth.

Since 2010, international and Canadian first-aid guidelines have recommended against the practice in most situations, favouring simplified, compressions-only CPR instead. Studies clearly show the simpler approach encour-

ages people to do CPR instead of doing nothing, and dramatically increases survival rates from cardiac arrest.

Christian Vaillancourt, Research Chair in Emergency Cardiac Resuscitation at the University of Ottawa, explained that because opioid sedation slows or stops breathing, “Initially, ventilations (rescue breaths) would represent a far more valuable intervention.”

“That said,” he continued, “Respiratory arrest will also ultimately lead to cardiac arrest,

in which case ventilations alone are certainly not optimal without chest compressions. Chest compressions can also provide some movement of air in and out of the chest.”

Michelle Welsford, Director of the Hamilton Health Sciences Centre for Paramedic Education and Research, also favours compression-only CPR, because it can be taught in seconds. But



THE KIT

Naloxone (brand name Narcan) is an over-the-counter drug sold as either an injection or nasal spray. It’s an essential first aid kit item if you’re ever around people who use street drugs.

she said if you have the training and can get over the “yucky” factor, you should go ahead and do rescue breathing.

Aaron Orkin, researcher at the Schwartz/Reisman Emergency Medicine Institute, said a key thing to understand is that most people who overdose aren’t like Avwunufe, who was 25 and perfectly healthy. Chronic drug users are prone to chronic

What to do if someone ODs

Tips from ER doctor and first-aid researcher Aaron Orkin:

- 1 Call 911**, no matter what is happening or who is there.
- 2 Check responsiveness:** Shake the person and shout their name. They should show obvious signs of life. Gurgling or moaning noises do not count as responsiveness.
- 3 Give chest compressions** if the person is unresponsive. Make sure they’re lying down on a firm surface. Push hard and push fast in the centre of the chest.
- 4 Give naloxone** (nasal spray or injection), following the directions in the kit.
- 5 Use an automated external defibrillator (AED)** if there’s one available. You don’t need training to use an AED, and you can’t do it wrong. The machine will tell you what to do and it will not go off if the person’s heart is working properly.

health problems. Most people who die of overdose have more than one thing going on — like an infection, a heart condition, or other drugs in their system — not just the respiratory arrest brought on by the opioids.

And unless you’re a medical professional, you can’t diagnose them. So do what you know works: Chest compressions.

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BREAKTHROUGH

Doctors identify new disease

Daniel Nevins-Selvadurai’s case had doctors at Toronto’s Hospital for Sick Children baffled. At age three, he had developed blood in his stool, a sign of possible hereditary inflammatory bowel disease. But testing for all the genetic mutations known to cause the condition came back negative.

As he grew older, Daniel’s symptoms became more diverse. He developed unusual rashes and painful lumps in his legs, as well as having an abnormally high white cell count and low platelets in his blood, pointing to an unidentified problem with his immune system.

A host of doctors at the hospital — among them specialists in blood disorders, cancer, rheumatology, immunology and gastroenterology — couldn’t pin down the cause of the child’s illness.

“Nobody could give us a diagnosis, so he was passed from one specialist to another over the years and various people did various tests,” said his mother, Christina Arulrajah. “He showed signs of so many different diseases.”

Still, Dr. Aleixo Muise, a gastroenterologist who had been seeing Daniel for his inflammatory bowel disease, or IBD, said that because of the boy’s wide-ranging symptoms



Daniel Nevins-Selvadurai’s case had doctors at Toronto’s Hospital for Sick Children baffled. THE CANADIAN PRESS

“all the doctors thought that he must have a genetic cause to his disease.”

Then in 2014, a team led by Muise launched a project to explore the genetic basis of IBD, using an advanced technology studying patients’ DNA. Daniel’s genome was among those investigated using a technique called whole-exome sequencing. They had their eureka moment.

Testing of Daniel’s genome turned up a mutation never before seen. The defect was in a gene known as ARPC1B, which produces a protein the body’s cells need to change shape, move, divide and perform other vital functions.

His ARPC1B gene was expressing none of this critical protein.

“ARPC1B, we know, plays a very important role in the immune system and how different cells in the body — mostly found in the blood — work,” said Muise.

The Sick Kids team subsequently discovered two other patients who were related to each other but not to Daniel, who also had a mutation that left them with very little ARPC1B protein. Since then, about 20 children worldwide have been identified with the genetic mutation.

“It gave us enough evidence to know that this was a brand new disease that hadn’t been described before,” said Muise.

The discovery of what’s been dubbed ARPC1B syndrome is described in Monday’s edition of the journal *Nature Communications*.

“Daniel was over the moon to get a diagnosis,” said his mother. “When they found out what was wrong, it was a real relief. In his mind, it’s all about the cure. Now that there’s a diagnosis, there’s now going to be a cure.”

His doctors believe a bone-marrow transplant will give Daniel new blood cells — including immune cells — that won’t carry the genetic mutation. A search is now on for an appropriate donor for the 10-year-old.

THE CANADIAN PRESS

Is it too late now to stop saying sorry? Not at all

ADVICE

Unapologetic guide to cutting back on all of those sorries

Sofi Papamarko
life@metronews.ca

My first sorry of the day was to my fellow TTC commuters. I squeezed my body onto a tightly packed bus because I was late, it was raining and there was no way I was waiting for the next one.

After that, I apologized to a barista for forcing her to break a \$20 for a cup of tea. Then, while browsing my favourite used bookstore after work, I bumped into the corner of a bookshelf... and promptly apologized.

I say "sorry" far too often, and often for no good reason. I started counting my sorries the other week and lost track at 47.

Excessive apologizing is a common trait of people-pleasers. It's also symptomatic of being a polite Canadian. Sorry is right up there with "aboot" and "eh?" as the most stereotypically Canadian of all verbal tics.

Sorry should not be used lightly. It is and should be a powerful word. It seeks to make reparations for pain caused. It expresses sympathy. It expresses empathy. For some, it is the most difficult phrase in the English language to utter. Others, like me, use it as liberally as punctuation.

Here are some scenarios where people might unnecessarily use the word "sorry".

Case 1 — You find a hair in your food at an upscale restaurant

Incorrect response: "Sorry! There's a hair in my soup. Maybe it's mine? It's probably mine. Sorry! Can I get another one? Sorry! Sorry! No, I'm sorry!"

Correct response: "Excuse me, there's a hair in my soup."

Case 2 — Somebody stands on your foot

Incorrect response: "Ouch! Oh! Sorry!"

Correct response: "You are standing on my foot."



We should only use sorry when it really counts. iStock

Case 3 — You have to cancel plans with a friend because you've caught a cold

Incorrect response: "I am so sorry but I have to cancel our plans tonight! I have a cold. Sorry! Such bad timing. I know. Sorry! Sorry! Sorry! I'm the worst!"

Correct response: "I have a cold and have to cancel because I care about you and I don't want to get you sick."

Case 4 — You don't have exact change

Incorrect response: "Sorry!"

Correct response: "I don't have exact change."

Case 5 — Your husband impregnated your best friend

Incorrect response: "I suppose I have been a somewhat neglectful partner and friend lately, what with starting a new business and pursuing my dreams and all. Sorry!"

Correct response: "We are getting a divorce."

There are, of course, legitimate situations where you should say that you're sorry. When you have hurt someone. When someone you care about is hurting. When you regret doing or saying something (or not doing or not saying something) that has impacted another person's life in a negative way.

Don't feel too badly, sorry-ers! People who never say sorry are the bigger problem. If you never believe you're wrong or feel no remorse for hurting people, you're a petulant child and/or a sociopathic narcissist and/or the 45th President of the United States of America. (Sorry not sorry.)

For the rest of us, "sorry" is a pox on our tongues. Let's do our best to stop saying "sorry" unless it's called for and only use it when it counts.

TORSTAR NEWS SERVICE

Sofi Papamarko is the founder of Friend of a Friend Matchmaking

STUDY

Why Canadian newborns are the world's worst cry babies

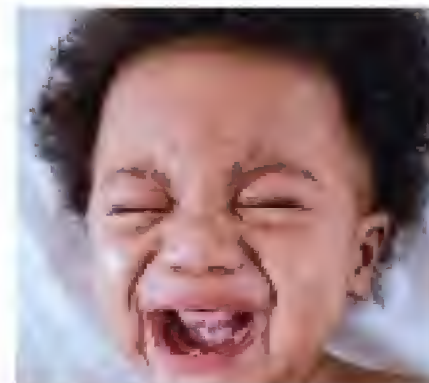
Canadian newborns are among the fussiest, most colicky in the world.

That's according to a British study published Monday in the Journal of Pediatrics, which looks at prevalence rates of colic and the duration of fussiness and crying in infants during their first three months.

Researchers conducted a meta-analysis of existing research from North America, parts of Europe, Australia and Japan, focusing on 28 studies — including six from Canada — that included 8,690 healthy infants. They wanted to know what was normal when it came to babies and crying.

"We've got, for example, weight charts, so parents and pediatricians can plot down how a baby grows and know if it's in the normal range — and that's quite reassuring for parents," explained lead author Dieter Wolke, a psychology professor at the University of Warwick. "But for crying, that didn't exist."

It does now. The study shows that around the one-month mark, Canadian babies fussed or cried for 150



While Canada topped the list, Danish babies cried the least. iStock

minutes a day, compared with the overall average of 118 minutes. And about 34 per cent were colicky — defined as crying for more than three hours a day on at least three days in a week — compared with an average of 18 per cent.

"They've got their cry peak at three to four weeks, while in most of the other countries it was five to six weeks," said Wolke in a telephone interview from Coventry, England. "Otherwise, they're very average in crying."

The researchers didn't set out to rank countries. They wanted to know if there was evidence to support the so-called crying

curve, which is the belief that crying gradually increases during the first weeks and peaks at five to six weeks. It turns out that babies cry for about two hours a day during their first month and a half, a figure that decreases to about an hour by the time they're 3 months old.

Other countries that stood out in the study include the Netherlands, whose babies also cry longer than the average, and the United Kingdom and Italy, which also have higher than average rates of colic. By sharp contrast, Danish babies cry the least.

Why the difference? While changes in crying levels are part of a baby's normal biological adaptation, the paper speculates that genetics, economic conditions, caretaking practices and feeding type may play roles.

In Denmark, said Wolke, a more relaxed approach to parenting, more social support for caregivers, and paternity leave may be key. Plus, he said, Danes tend to wait a minute or two before responding to a baby's cries, which gives infants a chance to soothe themselves.

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Mapping their way for a new kind of feminism

BOOKS

Actress Gillian Anderson and close friend lay it all on the line

The actor Gillian Anderson is best known for her role as FBI Special Agent Dana Scully, a skeptical, fearless foil to alien abduction conspiracist Fox Mulder on the '90s hit series *The X-Files*.

Her character is believed to have inspired young women to enter the fields of science, medicine and law enforcement. She demanded a salary equal to co-star David Duchovny and now plays sexually empowered and dogged detective Stella Gibson on BBC series *The Fall*.

So it shouldn't be much of a surprise she has put together a feminist self-help book with co-author and longtime friend Jennifer Nadel, a journalist and lawyer in the U.K.

We: A Manifesto for Women Everywhere was released last month as road map to living a more centred, authentic life. The main message is this: women need to get real about who they really are, whether they're willing to accept their current circumstances and if not, how to empower themselves to change things.

Anderson and Nadel spoke about self-care, activism, fighting Hollywood stereotypes and how to find time to meditate.



Gillian Anderson and her friend, journalist Jennifer Nadel, have written a self-help book for women who want to live a more centred life. CONTRIBUTED

Can you describe your friendship?

JN: We have children the same age and tried to persuade them to become friends. They sat in stony silence, but we couldn't stop talking. We're both seekers and have struggled with many of the same issues and tried many of the same spiritual and emotional solutions. Ten years into the friendship, Gillian asked whether I'd be open to talking about a book idea she'd had. Her idea chimed perfectly with a desire I'd had to write about a new kind of feminism.

There is a lot of personal information. Can you explain

why you decided to openly discuss so much?

GA: The first principle in our book is honesty because it is an essential part of any path to change, personal or societal. First, one must fully understand the reality of a situation. We realized that it would be unfair to ask readers to get honest about themselves and their own lives without first doing so ourselves.

Do you think self-care is particularly important during this social moment?

GA: If we don't practise self-care, then often, our unruly or egoic selves push to the foreground to run the show and

be heard. When we practise self-compassion, we are more likely to be compassionate towards others, even those we don't agree with.

JN: All of us are called to activism of one sort or another at this time in history.

It's no longer an optional choice. Every one of us who can needs to show up and be counted. Millions of us marched around the world after Trump's inauguration. I was in D.C. and Gillian in London. Those marches were just the start and if we want to be in it for the long haul, we need to develop and foster resilience. So, self-care is vital if we want to really make an impact and avoid burnout and depression.

There's a lot of discussion about idealized beauty. Yet Hollywood and pop culture still demand these things. How do you navigate that?

GA: Hollywood and pop culture are not where most of us live. The more we start to reject those images and demand realistic representation, the more empowered we will feel. But it does first start with accepting ourselves as we are. Really, truly embracing ourselves and refusing to attempt to conform. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING



Dave Chappelle got \$60 million for three specials. CONTRIBUTED

Chappelle's *Cosby* spin proves his real worth

THE SHOW: *The Age of Spin: Dave Chappelle Live at the Hollywood Palladium* (Netflix)
THE MOMENT: *Cosby's* legacy

Halfway through this hour of filmed stand-up, Dave Chappelle tells a passionate story about civil rights leaders who were executed throughout the 1960s. Then he says, "And while all this was going on, Bill Cosby raped 54 people." The audience gasp/laughs.

Chappelle moves onto other subjects. Then he circles back: "I'm a 42-year-old black comedian. Obviously Bill Cosby was a hero to me. To think that your hero might have done something so heinous — it would be as if you'd heard that chocolate ice cream itself had raped 54 people. You'd say to yourself, 'Oh man, but I like chocolate ice cream. I don't want it to rape.'"

Netflix paid Chappelle a staggering \$60 million US for this and two other specials (one pending; the other, *Deep in the*

Heart of Texas, streaming now). Is this hour "worth" \$20 million? I can't answer that.

I can say that Chappelle excels at introducing layered, legitimately angry ideas about race in America into a narrative that feels casual and inclusive, without losing the comedy. That seems socially valuable to me, especially right now.

He says *Cosby* is a monster. He says *Cosby* meant a lot to people. Chappelle's struggle with that is the emotional crux of this show.

Also, you have to admire someone who can sum up 60 years of injustice in one well-honed line, which starts with a landmark US school integration case and ends with another gasp-laugh: "Brown vs. Board of Education passed in '54, but someone called me [the N word] in traffic last Wednesday."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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NHL rules out 2018 Olympics

HOCKEY

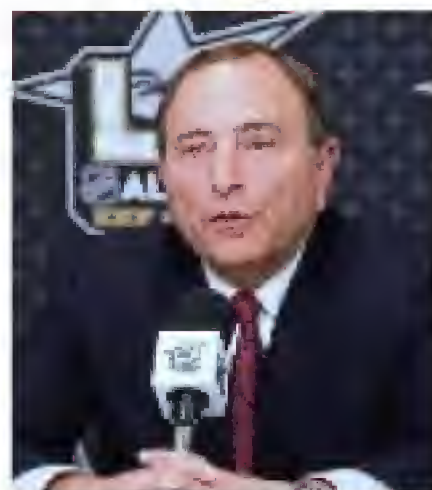
Falling out between league owners and IOC a huge factor

It appears the 2018 Winter Olympics will lack the star power of Sidney Crosby, Connor McDavid and Auston Matthews after the NHL announced Monday it will not interrupt next season to accommodate the Pyeongchang Games.

Instead, hockey will likely be represented on the global stage by many players with unrecognizable names — think Brad Schlegel, David Harlock and Dwayne Norris from Canada's silver-medal winning team at the 1994 Lillehammer Games.

"Disappointing news NHL won't be part of the Olympics 2018," New York Rangers goalie and two-time Olympian Henrik Lundqvist said on Twitter.

It was the hope of superstars like McDavid, Jonathan Toews and Alex Ovechkin that the NHL would come around to the big picture appeal of the 2018 Games, but the league never found the answer it was looking for. What exactly might have swayed their opinion toward letting players attend isn't clear. NHL owners never bought into the idea that halting the season



Gary Bettman GETTY IMAGES



I think they may opened up a whole can of worms.

Gary Bettman on the IOC

for 17 days in February would benefit the league long term.

Their angst was most certainly sparked by the International Olympic Committee's insistence that out-of-pocket payments for players to attend in 2018 would no longer be covered.

"I think when the IOC said 'You know what, we don't think it's worth it we're not going to pay,' I think that may have opened a whole can of worms," NHL commissioner Gary Bettman said at one point in the process.

And from there, the owners dug in their heels and never

moved — even when the International Ice Hockey Federation found apparent money to cover costs like travel, accommodation and insurance.

But it was beyond just dollars and limited growth potential from South Korea. Owners were wary of the season disruption and impact of a compressed schedule, along with increased risk for player injury.

Bettman said in March that "there's somewhere between fatigue and negativity on the subject." In a statement announcing their decision, the NHL said "no meaningful dialogue has materialized," pointing fingers at both the IOC and NHL Players' Association.

The league revealed a relatively new position from the IOC, suggesting that participation at the 2022 Beijing Games hinged on participation in 2018 and adding that the NHLPA had demonstrated "no interest in any discussion that might make Olympic participation more attractive to the clubs."

What the players' association could have presented is unclear. Asked in late March how players would react if the NHL opted not to let them go to South Korea, NHLPA executive director Don Fehr said they wouldn't be happy.

Ovechkin has insisted that he'll attend in South Korea no matter what the NHL decided.

THE CANADIAN PRESS



Russia goalie Maria Sorokina stops a shot by Canada's Natalie Spooner on Monday in Plymouth, Mich. CARLOS OSORIO/THE CANADIAN PRESS

WORLD CHAMPIONSHIP

Canada routs Russia to bounce back

Jennifer Wakefield scored twice and had an assist to lead Canada to a 8-0 win over Russia at the women's world hockey championship Monday.

The Canadians concluded their preliminary round in Pool A with a 1-2 record. They awaited the result of a later game between the United States (2-0) and Finland (1-1) to know their playoff path.

Emily Clark, Natalie Spooner, Erin Ambrose, Brianna Jenner, Meghan Agosta and Sarah Ponomarev also scored for Canada. Canadian starter Shannon Szabados made 17 saves for the shutout in her second start of the tournament.

Russia's Maria Sorokina al-

MONDAY In Michigan

8	0
CANADA	RUSSIA

lowed six goals on 35 shots before she was replaced by Nadezhda Alexandrova in the third period. Alexandrova then turned away four of six shots for the Russians (0-3).

While the Canadians were favoured — Russia has never beaten them in women's hockey — it was a win they needed to regain confidence after back-to-back losses to open the tournament.

Canada scored more goals

than their first two games combined, including four power-play goals, and killed off a Russian two-man advantage early in the second.

The top two teams in Pool A get a bye to Thursday's semifinals. The bottom two drop to Tuesday's quarter-finals against the top two seeds from Pool B.

The Canadians did their part to stay in contention for the bye. Beating Russia by two-plus goals gave Canada the best goal differential if the day ended with a three teams tied for second in Pool A at 1-2.

THE CANADIAN PRESS

For the result of Finland-USA visit metronews.ca

MLB

Laine suffering slump

Patrik Laine skated to the bench at Monday's Winnipeg Jets practice and angrily banged his hockey stick on the boards.

The team's rookie sniper is in a scoring slump as the Jets, missing the playoffs for the fifth time in six seasons, wind down to their final three games.

"Of course it's frustrating, you just can't score," Laine said. "It's hard right now, to be honest."

It was only a month ago that the 18-year-old Finnish forward was a front-runner in the NHL rookie-scoring race. But in his last 11 games dating back to March 8, he has three points off

two goals and one assist. In the previous 11 outings, he notched 16 points, including nine goals.

Heading into Monday's league action, Laine is second in rookie scoring with 34 goals and 62 points in 70 games. He missed eight games with a concussion and one from illness.

He's surrounded on the stats sheet by players from the Maple Leafs, who take on the Sabres in Buffalo Monday night.

Trying to finish in the Top 3 isn't on his agenda as the Jets head out for games Tuesday in St. Louis, Thursday in Columbus and Saturday at home against



Patrik Laine. GETTY IMAGES

Nashville.

"After the three games and after the season, I'm going to see where we are at and that's it, that's the result," Laine said.

THE CANADIAN PRESS

IN BRIEF

Red Sox push Pirates aside

Rookie Andrew Benintendi hit a three-run homer that capped a five-run fifth inning, and the Boston Red Sox began their post-David Ortiz era by beating the Pittsburgh Pirates 5-3 in Monday's opener.

Reigning AL Cy Young Award winner Rick Porcello (1-0) gave up three runs and six hits in 6 1/3 innings while striking out five. Craig Kimbrel retired Starling Marte on a game-ending popup with two on for the save. THE ASSOCIATED PRESS

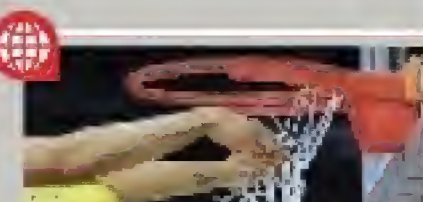
Gushue still perfect at worlds

Canada's Brad Gushue defeated Scotland's David Murdoch 8-2 on Monday to keep his unbeaten record intact at the Ford World Men's Curling Championship.

The St. John's skip was in control from the start in the afternoon matchup at the Northlands Coliseum to improve to 4-0.

Gushue opened with a deuce and forced Murdoch to draw for one against three Canadian stones in the second end.

THE CANADIAN PRESS



It's the most harrowing 10 to 15 minutes of the year.

Peter Radovich, creative director for CBS Sports, on piecing together the One Shining Moment montage after the NCAA men's final. Go to metronews.ca for results from Monday's game.



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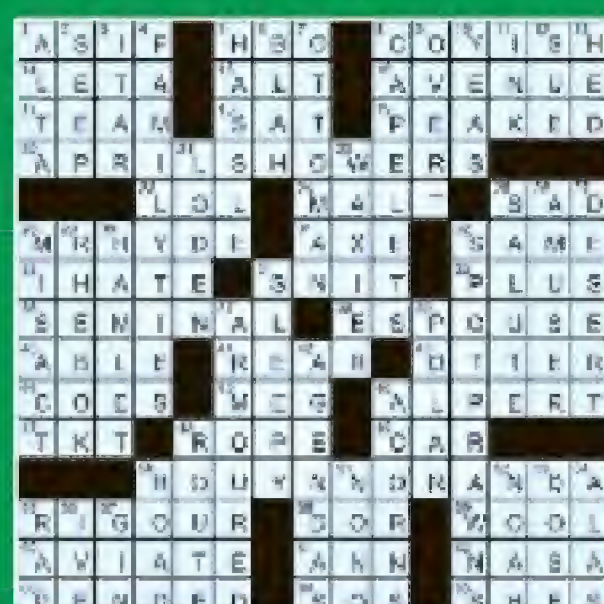
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3	6	9	5	4	8	2	1	7
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1	5	7	3	2	9	8	6	4



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* IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

Be patient with family members early this morning. Fortunately, as the day wears on, you encounter fun times, and possibly even romance!

♉ Taurus April 21 - May 21

Be careful this morning, because this is an accident-prone time for you. Be patient and diplomatic with others. Later in the day, relationships with family members are warm and loving.

♊ Gemini May 22 - June 21

Early in the morning, guard your possessions and cash to prevent loss, theft or breakage. However, the rest of the day is upbeat and fun!

♋ Cancer June 22 - July 23

Something unexpected will affect your world early in the morning. Small appliances might break down — or perhaps you are simply out of coffee? Look for ways to boost your income later today.

♌ Leo July 24 - Aug. 23

Something might upset you in the early morning. Fortunately, it is quickly gone. Later today, you will love to travel and explore new places and learn new things.

♍ Virgo Aug. 24 - Sept. 23

A discussion with a female friend might upset you this morning. Don't let this get you down, because the rest of the day is quite pleasant. It happens.

♎ Libra Sept. 24 - Oct. 23

You might have difficulty with parents or bosses early this morning. Not to worry, because a good friend will help you enjoy the rest of the day.

♏ Scorpio Oct. 24 - Nov. 22

Travel plans or perhaps school plans will be interrupted this morning. You will have to make adjustments — this is a certainty. An authority figure will help you later in the day.

♐ Sagittarius Nov. 23 - Dec. 21

Double-check banking details and anything to do with shared property early this morning. Something unexpected might occur. Later in the day, travel appeals.

♑ Capricorn Dec. 22 - Jan. 20

Arguments with partners and close friends are likely in the early morning. As the day wears on, you feel better and better. In fact, you might get a gift or a favor from someone.

♒ Aquarius Jan. 21 - Feb. 19

Your work routine will be interrupted in the morning. Something might be canceled or broken. Relationships with others will smooth the way for you later in the day.

♓ Pisces Feb. 20 - March 20

This morning is an accident-prone time for kids, so be extra vigilant. Likewise, romantic partners might quarrel. Ironically, all is well later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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MAKE IT TODAY

Tasty Broccoli Cheese Patties



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lunch doesn't always need to be a sandwich — change things up with these satisfying, healthy patties.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 6

Ingredients

- 1 Tbsp olive oil
- 1/2 onion, minced
- 2 cloves garlic, minced
- 4 cups broccoli, chopped finely
- 3/4 cup panko
- 2 eggs
- 1/2 cup grated cheddar
- 1/3 cup grated Parmesan

Directions

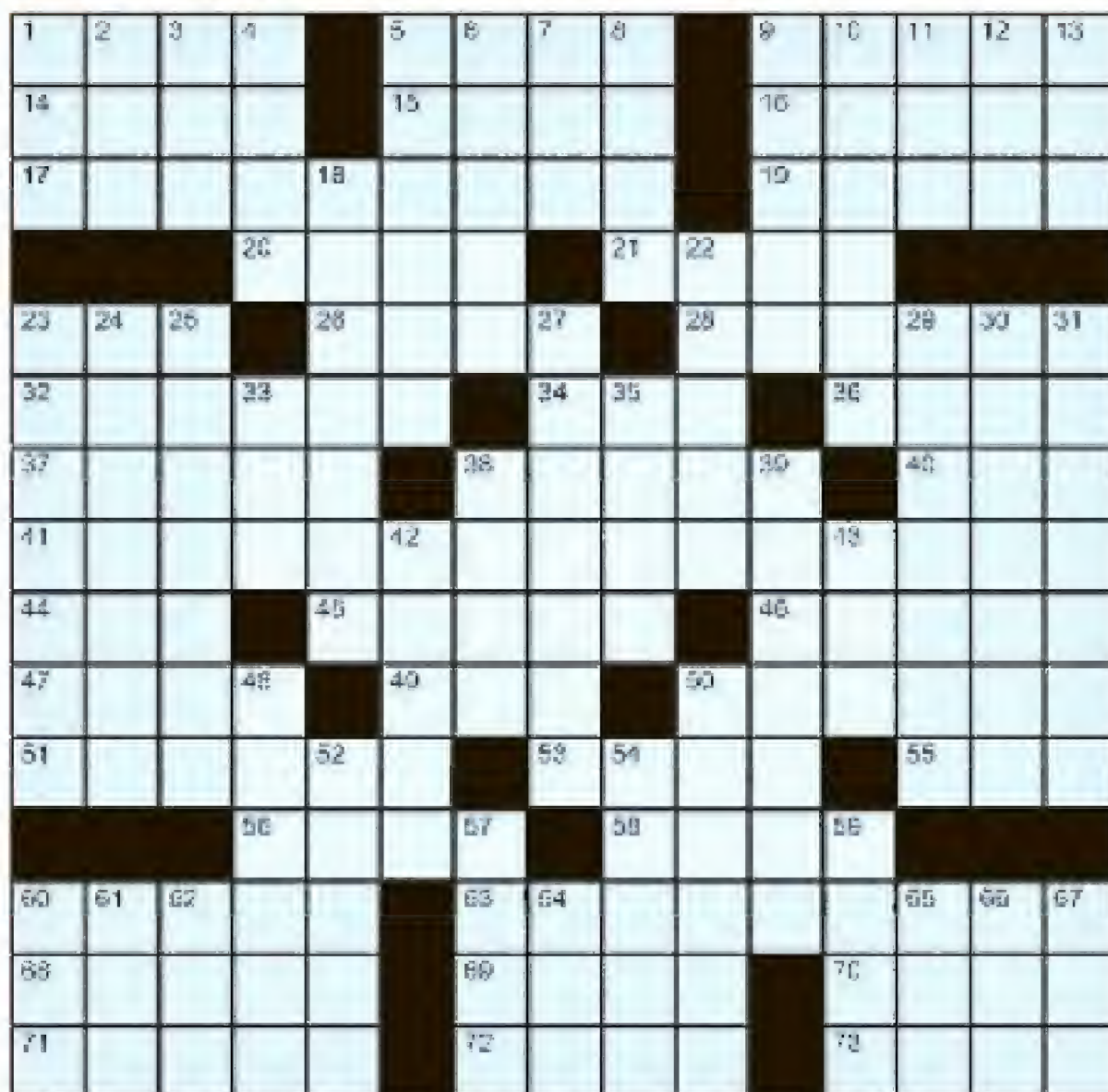
1. Preheat oven to 400 degrees.
2. Sauté onions and garlic in olive oil over medium heat until they begin to soften. Add broccoli and allow to begin to soften, 3 minutes. Remove from the heat. Line a baking sheet with parchment paper and set aside.
3. In large bowl, whisk eggs. Now add panko, cheddar and Parm and mix. Add the broccoli mixture and combine thoroughly.
4. Use your hands to form even patties and place on a lined baking sheet and pop into the hot oven. After 15 minutes, use a spatula to flip the patties. Bake another 10 minutes and they're done.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

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ACROSS

1. Use a car lot
5. Lacking
9. Accord
14. Mr. Alda
15. Boast
16. Dressed to the
17. Last queen of the Ptolemaic Kingdom in ancient Egypt
19. Beatles: "___ Your Name"
20. Island of Indonesia
21. Catherine of "The Dukes of Hazzard"
23. Initials-sharers of Gisele Bündchen's quarterback hubby
26. The Bee
28. Thingamabob
32. Canadian singer Mr. Maida's
34. Mr. Robbins
36. ___ Strauss & Co.
37. "Is that coffee ___?" (What's in that pot?)
38. Of prophets
40. Fall from grace
41. Cooking show on Gusto featuring meatless recipes, with The: 2 wds.
44. Ms. Zadora
45. Carved pole of symbolism
46. La Route ___ (Quebec bike paths network)
47. Envelope insertion [abbr.]
49. 'Super' suffix
50. Shooting star
51. Very nice: 2 wds.
53. Pet shelter org.
55. Hosp. units
56. Workshop gripper

58. Grand Ole ___
60. Eyeball attachment, ___ nerve
63. Plates dryer: 2 wds.
68. Filmdom's Mr. Langella
69. 'Kitchen' add-on
70. Constellation, ___ Major

71. Salad graspers
72. NASDAQ rival
73. Whiskey grains

DOWN

1. ___ Man
2. Entirely
3. Ms. Dawn Chong
4. Drawer attachment

5. Weighing needs
6. Bandleader Mr. Shaw
7. Swed. neighbour
8. Take a DNA sample
9. 2017 is the 100th anniversary of this Canadian food company (since 1917)

10. Canadian marketing trailblazer who famously promoted President's Choice products, Dave ___ (b.1940 - d.2013)
11. ___ hurry
12. ___ Aviv, Israel
13. Fashion monogram
18. The winner of one

- gets a tiara
22. Allow into the club
23. Bands of performers
24. Fantasia who won "American Idol" in 2004
25. Take it easy: 2 wds.
27. They make homes on the market appealing to buyers
29. Ms. Nielsen, host of #41-Across
30. Pilot
31. Meals
33. PBS funding org.
35. Journalism piece
38. Quash
39. Prehistoric 'painting' place/practice: 2 wds.
42. Annals
43. Finished with work [abbr.]
48. Still of this world
50. "Nanny ___" (2005)
52. Chef's culinary cuts
54. Drops a letter into the box
57. Paradise
59. "___ Show of Shows" ('50s variety TV series)
60. Poet's 'frequently'
61. For
62. Neutral tone
64. 'Acid' suffix
65. Sarcasm
66. 'Computer' suffix (Techie jargon)
67. ___ Palmas, Spain

WEDNESDAY, APRIL 5

CBC Radio's Now or Never

NOW or NEVER West End Cultural Centre | 7:00 pm | Tickets: \$20
HOSTS: Ify Chiewetelu and Trevor Dineen

Ali Hassan: Muslim Interrupted

West End Cultural Centre | 9:00 pm | Tickets: \$20
OPENER: Robby Hoffman | CAST: Ali Hassan

THURSDAY, APRIL 6

CBC Radio's Because News

West End Cultural Centre | 7:00 pm | Tickets: \$20
HOST: Gavin Crawford

The Winnipeg Show

West End Cultural Centre | 10:00 pm | Tickets: \$15
HOST: Bruce Clark
CAST: Chad Anderson, Benji Rothman, Ben Walker, Tim Gray, Carole Cunningham, Andy Noble, Dan Verville

FRIDAY, APRIL 7

Tales From Late Night

West End Cultural Centre | 10:00 pm | Tickets: \$20
HOST: Bruce Clark
CAST: Lara Rae, Ivan Decker, Tim Gray and much more!
With the Musical stylings of Lloyd Peterson and his band

SATURDAY, APRIL 8

No Bro Show

West End Cultural Centre | 7:30 pm | Tickets: \$20
HOST: Lara Rae
CAST: Fatima Dhowre, Jackie Kashian, Robby Hoffman, Nikki Payne, Ashley Moffatt, Shazia Mirza

Feminist Gong Show

West End Cultural Centre | 9:30 pm | Tickets: \$20
HOST: Erica Sigurdson
CAST: Bruce Clark, Ivan Decker, Derek Seguin
PANEL: Carole Cunningham, Robby Hoffman, Ashley Moffatt

SUNDAY, APRIL 9

You're Welcome

West End Cultural Centre | 12 noon | Tickets: Free
HOST: Martha Chaves
CAST: Fatima Dhowre, Chad Anderson, Mark James Heath, Ben Walker

Shazia Mirza: The Kardashians Made Me Do It

West End Cultural Centre | 3:00 pm | Tickets: \$20
HOST: Shazia Mirza

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